

ABSTRACT OF THE DISCLOSURE

It is an object of the present invention to provide an information recording method for recording information in a data rewritable type optical recording medium having a plurality of information recording layers, which can form recording marks having good shapes. In the information recording method according to the present invention, a plurality of recording marks selected from a group consisting of several types of recording marks with different lengths are formed in an optical recording medium 10 having at least 5 a stacked L0 layer 20 and L1 layer 30 by projecting a laser beam via a light incidence plane. In the case of forming at least one recording mark among the several types of recording marks in L0 layer 20, the recording powers of a top pulse T_{top} and a last pulse T_l of the laser beam are set to $Pw0'$ lower than the recording power $Pw0$ of a multi-pulse T_{mp} thereof.